

# BENNIE FURLONG SENIOR CENTER

281 19<sup>th</sup> Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 241-3796

Specialist: Joenetta Dixon

# JULY 2019

Monday - Friday ~ 8 a.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brain Games 8 a.m. Arts & Crafts 9 a.m. Chair Exercise 9:30 a.m. Bingo 10 a.m. Chair Exercise 10:30 a.m. Zumba 11:00 a.m. Line Dance Class 1:30 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:15 a.m. Arts & Crafts 9:30 a.m. Publix 9:30 a.m. Puzzles 10 a.m. Bingo 10 a.m. Bridge 12 p.m. Ballroom Dance Class 1:30 p.m.	Brain Games 8 a.m. Chair Exercise 9:30 a.m. Chair Exercise 10:30 a.m. Trivia 11 a.m. Piano Music by Mr. Knowles 11:30 a.m. Ballroom Dance 7:30 p.m.	Brain Games 8 a.m. Breakfast 9 a.m. Tai Chi Class 9:15 a.m. Walmart 9:30 a.m. Bingo 10 a.m. Mah-Jongg 1 p.m.	Brain Games 8 a.m. Pool & Ping Pong 8 a.m. Chair Volleyball 9 a.m. Chair Exercise 10 a.m. Bingo 10 a.m. Bridge 11 a.m. Zumba 11:00 a.m.
<b>AVAILABLE DAILY</b> Beach Walk, Cards, Ceramics, Computers, Ping Pong, Billiards, Puzzles <b>LUNCH</b> 11:30 a.m.				
1	2 AMC Theater 10:30 a.m.	3 4 <sup>th</sup> of July Cookout 11 a.m.	4 Independence Day ~ Closed	5 Winn Dixie 10 a.m.
8 Advisory Council Meeting 10 a.m.	9	10 Beach Blvd. Flea Market 10 a.m.	11	12 JTA Star Cards at Rosa Parks Station 10 a.m.
15 Boiling Crawfish Restaurant 10:30 a.m. Bowling 10:30 a.m.	16 Lunch at Safe Harbor 10 a.m.	17	18 Roses 10 a.m. Greeting Card Art 10 a.m.	19 Senior Fellowship: Bring a Friend Day 10 a.m.
22 Fashion Show 10 a.m.	23	24 Farmer's Market 10 a.m.	25 Community Outreach 10 a.m.	26 Show & Tell: Past Careers 10 a.m.
29 Dollar Tree, Michaels and Target 10 a.m.	30	31 Shear Finesse for Hair Cuts 10 a.m. Celebrating July Birthdays 11 a.m.		